

# PRIME TIME NEWS

## MOUNTAIN VIEW SENIOR CENTER

May  
2012

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### SENIOR CENTER HOURS

**Monday - Wednesday**  
8:30 a.m. - 9:00 p.m.

**Thursday - Friday**  
8:30 a.m. - 5:00 p.m.

### SENIOR CENTER STAFF

#### Recreation Coordinators

DIANE ATIENZA  
SARAH FOSTER (acting)

Office Assistant III  
ROY DAY

Recreation Specialist  
NANCY HUGYIK

Nutrition Program  
EARLENE MINNIS  
650-964-6586

#### Evening Building Attendants

MORGAN BYLER  
MANNY CANAAN  
BJ HATHAWAY  
ANGELIKA IGNAITIS  
JUSTINA LINAN  
RICH STEPHENS

**WORKSHOPS:** Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

### Driving Cessation

Is there life after driving? When should you start planning transportation without a car? Learn how to identify when to hang up the keys on your own terms, what transportation options are available to Mountain View seniors, and how to plan trips. Also, learn about the future of Santa Clara County transportation in this important workshop.

**When:** Thursday, May 10

**Time:** 1:00 p.m.

**Location:** Social Hall



### Introduction to Microsoft Word

Microsoft Word is a software program that can be used to create documents such as letters, invitations, novels and more! Join Monica Lipscomb as she introduces you to the basics of this program that will help you communicate with your family, friends, and the world. Basic computer skills required.

**When:** Wednesday, May 16

**Time:** 2:30 p.m.

**Location:** Technology Room



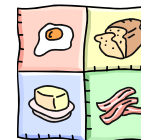
### Senior Nutrition

Join Margot Maarleveld, a geriatric nutritionist with the Palo Alto Medical Foundation, as she discusses healthy eating and aging. She will talk about how nutritional needs change, and how they don't, as we age. Learn how changes that come with aging can lead to appetite changes, and get tips on what you should be including in your diet to maintain your health.

**When:** Thursday, May 17

**Time:** 1:00 p.m.

**Location:** Social Hall



### Senior Home Safety

What can you do to avoid breaking bones at home, without breaking the bank? Elna Tymes, a member of the Senior Advisory Committee, will demonstrate a number of low-cost items that can be installed in your home to make it safer and more senior-friendly. Most of these can be installed with nothing more complicated than a screwdriver.

**When:** Thursday, May 24

**Time:** 1:00 p.m.

**Location:** Social Hall

**Mother's Day**  
May 13, 2012



City of Mountain View, CSD, Recreation Division  
266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, [www.mountainview.gov](http://www.mountainview.gov)

WORKSHOPS

# MOVIES, MOVIES, MOVIES!

Come to one of our triple showings! \*\*

**Matinee showtimes: Tuesdays and Fridays at 1:00 p.m.**

**Evening showtime: Wednesdays at 5:30 p.m.**

**Location: Multipurpose Room B**

All screenings have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.



**The Debt: May 1, May 2 & May 4**

**Rated: R (Some violence and language)**

**Length: 114 minutes**

Rachel Singer (Helen Mirren) is a former Mossad intelligence agent forced to relive her 1965 pursuit of a notorious Nazi war criminal when the bold and dangerous fugitive is thought to have reemerged 30 years later in the Ukraine. Director John Madden's redo of Assaf Bernstein's 2007 Israeli suspense piece also features Jessica Chastain as the young Rachel Singer, along with Sam Worthington, Tom Wilkinson and Ciarán Hinds.



**The Way: May 8, May 9 & May 11**

**Rated: PG-13**

**Length: 121 minutes**

When his son dies while hiking the Camino de Santiago pilgrimage route in the Pyrenees, a grieving father flies to France to claim the remains. Looking for insights into his estranged child's life, he decides to complete the 500-mile trek to Spain.



**Hugo: May 15, May 16 & May 18**

**Rated: PG**

**Length: 127 minutes**

When his father dies, 12-year-old orphan Hugo takes up residence behind the walls of a Parisian train station. There, he meets Isabelle, the daughter of filmmaker Georges Méliès, who holds the key to Hugo's destiny.



**The Ides of March: May 22, May 23 & May 25**

**Rated: R (Pervasive language)**

**Length: 101 minutes**

Dirty tricks stand to soil an ambitious young press spokesman's (Ryan Gosling) idealism in a cutthroat presidential campaign where "victory" is relative. The film, directed by George Clooney, is inspired by the real-life experiences of an aide who worked on Howard Dean's failed 2004 run.



**My Week with Marilyn: May 29, May 30 & June 1**

**Rated: R (Some language)**

**Length: 99 minutes**

While filming a movie in England, Hollywood icon Marilyn Monroe slips away with a young Brit for a week of self-discovery and frivolity. The story that ensues is based on the real-life memoirs of Colin Clark, once assistant to Sir Laurence Olivier.

**\*\*NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

## NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, May 21st at 2pm**. It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

## BIG BINGO

-Feeling LUCKY?

Join us on

**Monday, May 7** at 1:00 p.m. in the Social Hall for Big Bingo.

## DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

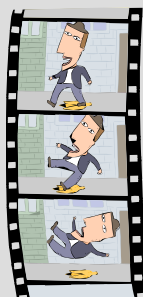
- Old eyeglasses • Magazines • DVDs • Paperback books •



**FREE TABLE**—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. **SMALL** items only.

## DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to two DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



## BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!

## SENIOR CENTER BOOK CLUB

Meetings are held the second Tuesday of each month **(5/8/2012)** in the Teen Center, 298 Escuela Avenue (next to the Senior Center), from 10:30 am – 11:30 am. Up next for discussion is “Pearl of China” by Anchee Min. June’s book selection is “The Glass Castle” by Jeannette Walls.

## COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help on some mornings and afternoons. Volunteers will write their names on the whiteboard in the Technology Room when they are available. Just come to the Technology Room and ask questions, it is that easy!

The mission of the Mountain View Senior Center is to provide programs that meet individual needs of seniors; create a sense of ownership in the Center; promote personal growth and socialization; and foster feelings of achievement, companionship and well-being. Participants of the Senior Center are encouraged to:

- ♦ Sign-in upon arriving to the facility at either the front or back entrance
- ♦ Participate in social service, educational and recreational programs
- ♦ Socialize with other participants
- ♦ Obtain information and referrals for needed services
- ♦ Voice ideas and concerns regarding programs



**Our policies promote healthy, enjoyable and safe use of the Mountain View Senior Center for all participants:**

- ♦ Treat others with courtesy and respect
- ♦ Refrain from use of abusive language, inappropriate physical contact or harassment of participants and staff
- ♦ Refrain from the consumption of alcohol on the premises
- ♦ Attend any required program orientations, including specific guidelines for use of facility equipment
- ♦ Follow guidelines for use of facility equipment
- ♦ Follow rules of any programs or classes participant attends



## BROWN BAG RENEWALS

Mark your calendars! The Brown Bag Renewal will take place on Tuesday, June 5, from 8:30am to 10:30am.

### Double Feature Week

Join us for a week of double features, **Monday, June 11 through Friday, June 15!** Morning movies will begin at 10:00am; afternoon movies begin at 1:00pm, except Wednesday when showtimes will be 3:30pm and 5:30pm. See you at the movies.

Shake yourself out of your **Monday** blues with the screwball classic comedy duo, Katherine Hepburn and Spencer Tracy, in two of their most popular films, "Adam's Rib" and "Woman of the Year".

Then trade verbal sparring for stealthy spying with a **Tuesday** filled top to toe with the indomitable James Bond, immortalized by Sean Connery in "Goldfinger" and "Diamonds are Forever". Stick around afterward, and we'll throw in an extra to make it a triple-0 day: a *third* James Bond film. Choose between "Man with the Golden Gun", "Living Daylights", and "The World is Not Enough". Votes can be turned in to Sarah Foster at the front desk, and the film with the most votes will be shown at 5:30 p.m. on Tuesday evening.

On **Wednesday** we'll celebrate wackiness, wit, and Woody. Woody Allen, that is, who writes, directs, and stars in two of his most celebrated films, "Manhattan" and "Annie Hall".

**Thursday** will feature a very special event: "Gone with the Wind" shown in all of its 238 minute glory. We'll begin the film at 10:00 a.m., break for lunch, then continue with the second half at 1:00 p.m.

Our **Friday** finale will transport you to the glamour of old Hollywood...in Paris. In our final two feature films, "Gigi" and "An American in Paris", the City of Lights shines almost as brightly as her singing and dancing human costars.



## Summer Picnic

Let the sun shine as we celebrate Independence Day with the annual Summer Picnic, which will be held on **Tuesday, July 10, 2012 at noon** in the Rengstorff Park barbeque area. Look for more information,

including ticket sales, in June.

Meanwhile pull out your most patriotic outfits, and get ready for a finger-licking good time!



## Summer is Around the Corner!

Although spring has just arrived, summer is right around the corner! Keep your eyes peeled for our Summer Class Guide for more information on classes that will be offered at the Senior Center. Our Class Guide is tentatively scheduled to be released in early May.

## Drop-In Bridge at the Senior Center

Join us for Drop-in Bridge at the Senior Center on Tuesdays from 5:15 p.m. until 7:15 p.m. in Multi-Purpose Room A starting **Tuesday, May 1**. Grab your friends and meet new people by playing this popular card game! Playing cards will be provided, but there is no formal instruction. Beginners and more experienced players are welcomed. Call 650-903-6330 for more information.



## Post-Season Tax Appointments

AARP will continue to offer tax help on the first and third Thursday of each month until October. Beginning May 17, appointments are available at the Senior Center at 9:00 a.m. and 10:30 a.m. To make an appointment call 650-903-6330.

## VOLUNTEER CORNER

March 2012

Brown Bag	192
Lunch Program	286.5
Receptionists	187
Social Services	44
Teaching	232.5
<b>Total</b>	<b>942 hours!!</b>



Congratulations  
to all who  
participated in  
our Hot Cup of  
Talent Joe  
Showcase!

### CSA Information and Referral Day: MEDI-CAL

Come join Community Services Agency's Senior Case Managers to learn about Medi-Cal benefits. Senior Case Managers will be available from **10:00 am-11:00 am** by appointment to answer your questions and assist you in filling out Medi-Cal applications and redetermination forms. **APPOINTMENTS NECESSARY – PLEASE MAKE AN APPOINTMENT AT THE SENIOR CENTER FRONT DESK OR BY CALLING THE SENIOR CENTER AT 650-903-6330.**

**Date: Tuesday, May 15**

**Where: Senior Center Counseling Room**

### SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2012) from 2:00 p.m. - 4:00 p.m.

Upcoming meetings in 2012 will be:  
May 16, June 20 and July 18.

### Important VTA Discount Pass Changes

Starting July 1, 2012, VTA is scheduled to discontinue the sale of paper monthly passes and Senior/Disabled Stickers. The VTA will transition monthly pass customers onto Clipper\*.

The Senior Center will no longer sell the \$25.00 discount stickers, effective July 1, 2012.

If you have any additional questions please call the VTA Ticket Desk at (408) 321-5527 or visit [www.clippercard.com](http://www.clippercard.com) or [www.vta.org/clipper](http://www.vta.org/clipper)

\*The Senior Center will not sell Clipper cards. Clipper cards may be obtained at Walgreens.\*

### INTERESTED IN PLAYING TABLE TENNIS?

The Senior Center's table tennis tables are open to ALL seniors who want to play! To play on the indoor tables, **you must sign up at our front desk** for a half hour time slot. If the table is currently occupied, you may pick up a "next player" card up to 30 minutes in advance. You do not need to sign up to use the outdoor table. All skill levels from novice to experienced can use the tables, so join the fun now!





Appointments are necessary, unless otherwise noted.  
Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

**There are NO waitlists for appointments.**

## HEALTH SERVICES



**ALZHEIMER'S SCREENING** - Free behavioral screenings offered on the **fourth Wednesday** of each month (**5/23/12**). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

**BLOOD PRESSURE CHECK** - Come to the Counseling Room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.** No appointment needed.

**EYEGLOSS REPAIR** - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**5/8/12 & 5/22/12**).

**HICAP** - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second Monday and fourth Tuesday** of each month (**5/14/12 & 5/22/12**).



**NOTARY SERVICE** - Offered the **first Thursday** (**5/3/12**) of each month. Appointments available from 8:30 - 10:30 a.m.

**PODIATRY SCREENING** - **Third Wednesday** (**5/16/12**) of each month. NOTE: Feet are NOT touched in the consultation; it is only an evaluation.

## SOCIAL SERVICES

**SENIOR ADULT LEGAL ASSISTANCE (SALA)** - The **1st and 3rd Thursday** (**5/3/12 & 5/17/12**). Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, **all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron.** Please call, email or stop by the front desk in order to confirm or cancel your appointment.

## FOOD SERVICES

**BROWN BAG** - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

**NUTRITION PROGRAM** - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation for ages 60+ is **\$2.50**, and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.



## VTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

VTA will be at the Senior Center on **June 28, 2012 at 10:00 a.m.** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 16<sup>th</sup> of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon.** Exact change is necessary. The cost is \$25.00 per sticker. Cash only please.



## AARP DRIVER SAFETY

**REGULAR CLASS** - The Safety Program class offered by AARP is scheduled for **June 19 and 26, 2012 from 5:00 p.m. to 9:00 p.m.** at the Senior Center. The fee for the 8-hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members.

### REFRESHER COURSE -

**Tuesday, August 28, 2012 from 4:30 p.m. to 9 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.\* To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted. For insurance benefits, contact your insurance carrier.

*\*For the August session only, AARP is offering a promotion for all current and former educators. Individuals who have worked as an educator, or for a school district or university in any capacity, may take the August refresher course for \$5. See the front desk for more information and coupon.*

**ONLINE** - Driver Safety program now available. Visit [www.aarp.org](http://www.aarp.org) for information & to sign up.

**NOTE** - AARP may cancel course if fewer than 10 students enroll.

# Mountain View Seasoned Travelers

For travel information, registration and payment:

Monday - Wednesday and Friday at the front desk, 8:30 a.m. - 12:00 p.m. and Thursday at the travel desk in front of the Social Hall, 10:00 a.m. - 11:45 a.m.

## RIVER ROCK CASINO

Alexander Valley

WHEN: Thursday, May 3, 2012

COST: \$31 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:30 p.m.

## BLACK OAK CASINO

Tuolumne

WHEN: Tuesday, June 5, 2012

COST: \$28 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:30 p.m.

## JACKSON RANCHERIA

Jackson

WHEN: Monday, July 9, 2012

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Senior Center

RETURN: Approximately 5:30 p.m.

## Upcoming Trips to put on your 2012 calendar

<b>Aug 6th:</b>	Feather Falls Casino
<b>Sept 4th:</b>	Thunder Valley Casino
<b>Oct 3rd:</b>	High Hill Ranch/ Apple Hill
<b>Oct 8th:</b>	Chukchansi Gold Casino
<b>Nov 6th:</b>	Cache Creek Casino
<b>Dec 4th:</b>	Red Hawk Casino

## ANNIEGLASS STUDIO & SHADOWBROOK LUNCHEON

WHEN: Thursday, July 26, 2012

COST: \$98.00 per person



We're headed to Watsonville to visit ANNIEGLASS STUDIO, home of award-winning, handcrafted glassware. ANNIEGLASS can be found in luxury retailers, prestigious hotels, and the homes of the rich and famous. See the artist, Annie Morhauser, at work and have the opportunity to shop for beautiful glassware pieces as well. Afterward enjoy a leisurely hosted lunch at the Shadowbrook Restaurant, offering world-class atmosphere and cuisine, located beside lush Soquel Creek in Capitola-by-the-Sea.

## APPLE HILL

WHEN: Wednesday, October 3, 2012

COST: \$69.00 per person





Travel to the beautiful High Hill Ranch at Apple Hill to enjoy a delicious BBQ chicken lunch and hot apple pie alamode for dessert.

Then learn about the history and development of Apple Hill as you enjoy a bus tour that will wind down country roads flanked with beautiful scenery and stop at fruit filled orchards. Fall colors spreading across the countryside will make this a day to remember. Allow time for exploration of the ranch and visit the gift shop and craft fair.



Monday	Tuesday	Wednesday
	<b>1</b> 11:45 Lunch Meatloaf, whole grain bread-mixed veggies, mashed potatoes, fruit 1:00 Movie: The Debt 4:00 Wii Bowling 5:15 Drop In Bridge	<b>2</b> 10:30 Line Dancing, Social Hall 11:45 Lunch Baked breaded fish-brown rice, peas and pearl onions, carrot raisin salad, fruit 12:45 Bingo, Social Hall 5:30 Movie: The Debt
<b>7</b> 10:45 Dancing, Social Hall 11:45 Lunch Chicken and turkey tortellini salad w/cauliflower, peas, tomatoes, broccoli and carrots, whole grain bread and fruit. 1:00 Big Bingo, Social Hall	<b>8</b> 8:50 Eyeglass Repair 10:30 Book Club - 'Pearl of China' 11:00 Presentation: "Partnering with your Physician" 11:45 Lunch Teriyaki chicken, brown rice, Japanese blend veggies, Green salad w/ tomatoes, pineapple chunks 1:00 Movie: The Way 4:00 Wii Bowling 5:15 Drop In Bridge	<b>9</b> 10:30 Line Dancing, Social Hall 11:45 Lunch Beef enchilada, Spanish rice, corn, green salad, fruit 12:45 Bingo, Social Hall 5:30 Movie: The Way
<b>14</b> 8:30 HICAP 10:45 Dancing, Social Hall 11:45 Lunch Chicken noodle soup, salad bar w/ broccoli, beets, onions, lettuce, tomatoes, cucumber, half egg and cabbage, dinner roll, fruit	<b>15</b> 10:00 CSA Information + Referral: MediCal 11:45 Lunch B.B.Q. beef, whole grain bread, green beans and cauliflower, green salad w/ tomatoes, fruit 1:00 Movie: Hugo 4:00 Wii Bowling 5:15 Drop In Bridge	<b>16</b> 10:00 Podiatry Screening 10:30 Line Dancing, Social Hall 11:45 Lunch Chef's choice fish, brown rice, diced carrots, coleslaw w/ apples and mandarin oranges, watermelon 12:45 Bingo, Social Hall 2:00 Senior Advisory Committee Meeting 2:30 Workshop: Microsoft Word 5:30 Movie: Hugo
<b>21</b> 10:45 Dancing, Social Hall 11:45 Lunch Beef stroganoff w/ mushrooms, noodles, Calif. Blend veggies, green salad, sugar free gelatin w/ fruit 2:00 Newcomer's Group	<b>22</b> 8:30 HICAP 8:50 Eyeglass Repair 11:45 Lunch Oven breaded baked chicken, whole grain bread, peas and carrots, baked potato, orange 1:00 Movie: The Ides of March 4:00 Wii Bowling 5:15 Drop In Bridge	<b>23</b> 10:30 Line Dancing, Social Hall 11:45 Lunch Frittata w/eggs, cheese, ham, broccoli and zucchini, pasta with pesto, mixed veggies, green salad, pineapple 12:30 Alzheimer's Screening 12:45 Bingo, Social Hall 5:30 Movie: The Ides of March
<b>28</b> <b>Memorial Day</b> <b>Closed</b>	<b>29</b> 11:45 Lunch Chef's choice fish, brown rice, Japanese veggies, green salad, fruit 1:00 Movie: My Week With Marilyn 4:00 Wii Bowling 5:15 Drop In Bridge	<b>30</b> 10:30 Line Dancing, Social Hall 11:45 Lunch Lasagna, bread-corn w/red bell peppers, coleslaw, fruit 12:45 Bingo, Social Hall 5:30 Movie: My Week With Marilyn



Thursday		Friday	Low-Fat Blueberry Bran Muffins
<b>3</b> 8:30 Notary Service 10:30 Bookmobile <b>11:45 Lunch</b> Lasagna, corn coleslaw, fruit cocktail 1:00 SALA Appointments	<b>4</b> 10:30 Blood Pressure Check 10:45 Dancing, Social Hall <b>11:45 Lunch</b> Boneless pork chop w/ mushroom gravy, brown rice, 5 way veggies, tropical fruit 1:00 Movie: The Debt		<b>INGREDIENTS:</b> 1 1/2 cups wheat bran 1 cup nonfat milk 1/2 cup unsweetened applesauce 1 egg 2/3 cup brown sugar 1/2 teaspoon vanilla extract 1/2 cup all-purpose flour 1/2 cup whole wheat flour 1 teaspoon baking soda 1 teaspoon baking powder 1/2 teaspoon salt 1 cup blueberries  <b>DIRECTIONS:</b> 1. Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or use paper muffin liners. Mix together wheat bran and milk, and let stand for 10 minutes.  2. In a large bowl, mix together applesauce, egg, brown sugar, and vanilla. Beat in bran mixture. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, and salt. Stir into bran mixture until just blended. Fold in blueberries. Scoop into muffin cups. Bake 20 minutes in the preheated oven, until lightly browned.  3. Bake in preheated oven for 15 to 20 minutes, or until tops spring back when lightly tapped.
<b>10</b> 10:30 Bookmobile <b>11:45 Lunch</b> Baked fish, brown rice, chef's choice veggies, green salad, fruit Lunch Program's "Mother's Day Celebration" 1:00 Workshop: Driving Cessation	<b>11</b> 10:30 Blood Pressure Check 10:45 Dancing, Social Hall <b>11:45 Lunch</b> Chicken cacciatore, pasta, green salad, mandarin oranges 1:00 Movie: The Way		
<b>17</b> 10:30 Bookmobile <b>11:45 Lunch</b> Seasoned meatballs, baked penne pasta, Italian veggies, tossed salad-tropical fruit 1:00 SALA Appointments 1:00 Workshop: Senior Nutrition	<b>18</b> 10:30 Blood Pressure Check 10:45 Dancing, Social Hall <b>11:45 Lunch</b> Chili verde, flour tortilla, fresh cooked pinto beans, green salad, fruit 1:00 Movie: Hugo		
<b>24</b> 10:30 Bookmobile <b>11:45 Lunch</b> Ron's chicken, brown rice, oriental blend veggies, green salad, mandarin oranges 1:00 Workshop: Senior Home Safety	<b>25</b> 10:30 Blood Pressure Check 10:45 Dancing, Social Hall <b>11:45 Lunch</b> Tuna sandwich w/celery and onions on whole grain bread, veggie soup, carrot raisin salad, fruit Come Celebrate Birthdays! 1:00 Movie: The Ides of March		
<b>31</b> 10:30 Bookmobile <b>11:45 Lunch</b> Pork chop-mushroom gravy, whole grain roll, 4 way blend veggies, green salad, fruit	<b>NUTRITION PROGRAM</b> - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.		
 = Meal contains more than 1000mg sodium			

Mountain View Senior Nutrition Program 650-964-6586

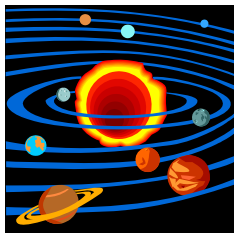


= Meal contains more than 1000mg sodium

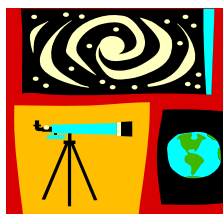
***WELCOME to the “Back Page” of the Prime Time News! This page is your one spot stop to connect to the community at the Senior Center, the City of Mountain View, and beyond!***

## Transit of Venus

This is your last chance to see Venus illuminated by the Sun...your last chance for over one hundred years!



According to the Exploratorium, transits of Venus—the movement of Venus across the face of the Sun—occur in pairs that are eight years apart and then don’t happen again for more than a hundred years. One transit occurred in 2004, the next will be around sunset on **Tuesday, June 5** of this year! Before 2004, the last two Venus transits were in 1874 and 1882. After the transit in 2012, there won’t be another pair until 2117 and 2125!



## Older Americans Month

Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month—a proud tradition that shows our nation’s commitment to celebrating the contributions and achievements of older Americans. The theme for Older Americans Month 2012—**Never Too Old to Play!**—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year’s celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. Studies also show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and roots.

**The Mountain View Senior Center celebrates Older Americans Month with a special May display case. Stop by and check it out!**



**Mother’s Day** is intended to be a day to celebrate motherhood. Many churches and families in the United States recognize the second Sunday in May to honor mothers. Many years ago, England observed a day to honor mothers in mid-Lent that was called *Mothering Sunday*. In the United Kingdom, Mother’s Day is celebrated in March. The first known suggestion of Mother’s Day in the United States was in 1872 by Julia Ward Howe. She suggested that people observe the day on June 2 as a day dedicated to peace. Others around the country campaigned for a Mother’s Day including Mary Towles Sasseen, Frank E. Hering, and Anna Jarvis. In 1908, Anna Jarvis of West Virginia began a campaign for a nationwide observance of Mother’s Day. She chose the second Sunday in May and started the custom of wearing a carnation. If a person wears a colored carnation, their mother is living. A white carnation signifies that their mother has passed away. In 1914, President Woodrow Wilson signed a joint resolution of Congress recommending that Congress and the executive branch of government recognize the observance of Mother’s Day.

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